

# Bemidji State University

## **PHED 4160: Advanced Fitness Assessment & Prescription-Aerobic**

### **A. COURSE DESCRIPTION**

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Theory and practice of physical fitness assessment for the purpose of prescribing aerobic exercise to adults, both healthy populations and those with special conditions, such as obesity, diabetes, osteoporosis, asthma, hypertension, and heart disease. Prepares students for American College of Sports Medicine (ACSM) Health Fitness Specialist exam as well as other personal trainer certifications. Prerequisite: PHED 3300 or consent of instructor.

**B. COURSE EFFECTIVE DATES:** 08/03/2013 - Present

### **C. OUTLINE OF MAJOR CONTENT AREAS**

1. Aerobic dance and exercise leadership
2. Assembling of fitness assessment materials, labs for interpreting results and other relevant materials
3. Client assessment and prescription files/records
4. Critical Reading of popular literature
5. Explaining exercise equipment LED panels
6. Professional Organizations and Certifications
7. Senior Center or other - exercise leadership reflection
8. Special Considerations for special populations

#### **D. LEARNING OUTCOMES (General)**

1. demonstrate: Ability to use common fitness assessment equipment
2. demonstrate: Ability to communicate in speaking
3. demonstrate: Knowledge of trends relating to health and fitness programming
4. demonstrate: Organization of the exercise environment and record keeping
5. demonstrate: A basic knowledge of modifications in type, intensity, duration, frequency, progression in exercise programs for clients with diabetes, obesity, hypertension, osteoporosis and musculoskeletal problems, as well as for older populations and children
6. demonstrate: Knowledge needed to conduct preparticipation screening
7. demonstrate: Knowledge of weight management techniques
8. demonstrate: The ability to instruct and lead exercises in aerobic exercise, strength conditioning and joint flexibility
9. demonstrate: Knowledge of certifications to improve employability
10. demonstrate: Knowledge of techniques for motivating, improving program adherence and retention
11. demonstrate: Skills needed for physiological testing
12. demonstrate: The ability to evaluate and interpret exercise testing results
13. demonstrate: The ability to prescribe individual exercise programs that are safe and effective

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted